

# Fred Kaye



Sifu Fred Kaye's martial career spans over 50 years. Coach Fred's martial foundation is in the Chinese martial traditions, ranging from external Northern/Southern Shaolin styles to Internal Ba Gua Zhang, Xing Yi Quan, Lu Huo Quan, and Tai Chi Ch'uan. Over the last 8 years, Fred has expanded his martial journey with a continuous exploration of western martial arts Bartitsu, La Defense dans la Rue, and other global fighting arts. Coach Fred has developed a training program integrating classic warrior training, featuring Indian Clubs, Maces and health wands to allow warriors and any person to maintain health at any age.

## Classes

### **Apaches In Paris? - Defense Against The Vicious Street Gangs Of Paris**

By 1874 Paris was swarming with vagabonds. Consisting mostly of juvenile delinquents, these ten thousand or so ruffians would evolve into a new generation of street-fighter, banding into a gang which came to be known as the Apache." (Excerpted from The Dirty Tricks of the French Apache By Craig Gemeiner)

The word "Apache" (pronounced "ah - PAHASH") is a Parisian term used to describe the French street gangs of the early 1900s. The era's local newspapers often described the violence perpetrated by these gangs as synonymous with the ferocity of Apache Indians in battle."

This in-person class reviews the dirty tricks of the Apache street gangs and the self-defense systems developed by the French Savate Masters including Vigny, Renuad, Andre and Dubious, developed to counter the brutal attacks of these French thugs.

The class will review La Canne,

Basic defenses, kicks, punches and close-quarter combat.fend against the dreaded Parisian Apache street gangs.

### **Indian Clubs**

Even Steampunks need to exercise. Experience the exercises that British Expeditionary forces used to expand the Victorian Empire. Indian clubs were exceptionally popular during the health craze of the late Victorian era, used by military cadets and well-heeled ladies alike, and even appeared as a gymnastic event in the 1904 and 1932 Olympics. If participants do not have clubs they could use two short sticks or a pair of small bottles.

### **Defending Your Airship**

A fan favorite for many years at Gaslight Gathering, CombatCon and Clockwork Alchemy every year! Learn what every airship crew member needs to know when defending against an aerial attack and repelling a boarding action. We will study close combat use

of Singlestick, 19th Century Saber, Steampunk longsword, Cutlass, war club and boarding axe on land, sea and air in our Steampunk universe.

### **Vigny Walking Stick Method of Self-Defense**

In the early 1900's Professor, Pierre Vigny developed Canne Vigny, a devastating method of personal protection utilizing the common walking stick, the common everyday accessory at the time. This system became part of self-defense systems, Bartitsu, La defense Dan la rue. This street-proven method went on to be introduced by H. G. Lang to the Indian Police force in the 1930s as a core tenant of the training curriculum.

This class will focus on the use of the walking stick, parasol or umbrella in practical situations based upon Vigny's methods. The syllabus includes; stick drills, stick defense, stick vs stick, and stick against various weapons.